

# DINNERLY



## Feed-A-Crowd Beef and Pea Pilaf:

Same Meal Price, Double the Portions!



30 minutes



2 Servings

Want more bang for your buck? Serve up double the portions with our new Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



### WHAT WE SEND

- 2 zucchini
- 40g raisins
- 20g Moroccan seasoning <sup>17</sup>
- beef mince
- 300g basmati rice
- 2 x 150g peas

### WHAT YOU NEED

- 2 garlic cloves
- 750ml (3 cups) boiling water
- 1 tbs olive oil

### TOOLS

- large deep frypan with lid
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 595kcal, Fat 17.6g, Carbs 75.8g, Proteins 30.8g



#### 1. Prep ingredients

Thinly slice the **zucchini** into half-moons. Chop the **raisins**. Crush or finely chop **2 garlic cloves**. Combine the **Moroccan seasoning** and **250ml (1 cup) boiling water** in a heatproof jug and stir to dissolve.



#### 2. Brown beef

Heat **1 tbs olive oil** in a large deep frypan over high heat (see Feed A Crowd). Cook the **beef mince**, breaking up the lumps with a spoon, for 4 mins or until browned. Season with **salt and pepper**. Add the **zucchini, garlic** and **rice** and cook, stirring, for a further 2 mins. Season with **salt and pepper**.



#### 3. Cook pilaf

Add the **stock** and **500ml (2 cups) boiling water** to the pan and bring to the boil. Reduce the heat to medium and cook, covered, for 10 mins or until the rice is tender and the liquid is absorbed. Remove the pan from the heat. Stand, covered, for 5 mins.



#### 4. Boil peas

Meanwhile, bring a medium saucepan of water to the boil. Add the **peas**, return to the boil and cook for 2 mins or until tender. Drain.



#### 5. Serve up

Stir the **peas** and **raisins** into the pilaf. Taste, then season with **salt and pepper**. Divide the **pilaf** among bowls and enjoy!



#### 6. Feed A Crowd

You'll need to go big here, so use the deepest frypan you've got, or a large saucepan if you have one - but note the cooking time may vary.